

# Senses

Name: \_\_\_\_\_

Date: \_\_\_\_\_

Identify items that you find to have a calming effect in each of the areas below. Also, identify those items that seem to have the opposite effect.

## 1. Sight Calming

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## 2. Sight Alarming

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## 3. Sound Calming

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## 4. Sound Alarming

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5. Scent Calming

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6. Scent Alarming

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7. Touch Calming

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8. Touch Alarming

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